

BAD DAY

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Count: 32

Wall: 2

Level: intermediate

Choreographer: Jean & Mervyn Coates

Music: Bad Day by Daniel Powter

This is a smooth, slow and flowing dance

CROSS AND HEEL, &, CROSS AND HEEL, & STEP ½ TURN, TRIPLE FULL TURN (RIGHT MAMBO)

- 1&2** Cross right over left, step left to left side, touch right heel forward
- &3&4** Step right next to left, cross left over right, step right to right side, touch left heel forward
- &5-6** Step left next to right, step forward on right, pivot ½ turn left
- 7&8** Step back right turning ½ left, step forward left turning ½ left, step side right

Option for 7&8: Rock forward on right, recover on left, step side right

BACK ROCK SIDE, BACK ROCK SIDE, SAILOR ¼ TURN, TRIPLE FULL TURN (RIGHT SHUFFLE)

- 1&2** Cross rock left behind right, recover on right, step left to left side
- 3&4** Cross rock right behind left, recover on left, step right to right side
- 5&6** Cross step left behind right, make a ¼ turn left step right to right side, step left to left side
- 7&8** Step back right turning ½ left, step forward left turning ½ left, step forward right

Option for 7&8: Step forward right, step left next to right, step forward right

WALK, WALK, MAMBO STEP, FULL TURN, (SWAY SWAY,) BEHIND & CROSS

- 1-2** Walk forward left - right
- 3&4** Rock forward on left, recover on right, step back left
- 5-6** Stepping forward on right turn ½ right, stepping back on left turn ½ right

Option: 5-6: Sway to right, sway to left

- 7&8** Cross step right behind left, step left to left side, cross step right over left

STEP, SAILOR ¼ TURN, STEP, STEP SLIDE, ROLLING VINE (SIDE CROSS SIDE)

- 1** Step left to left side

- 2&3** Cross step right behind left, make a $\frac{1}{4}$ turn right step left to left side, step right to right side
- 4** Step left forward
- 5-6** Step right to right side (long step), slide and touch left next to right
- 7&8** Full turn left, traveling left - left, right, left (step left to left side, cross right over left, step left to left side)

REPEAT

RESTART

Restart on wall 3 after count 36

Restart on wall 6 after count 8, adding an '&' step on to left foot